

Muscle Groups Notes

Frontalis:

Temporalis:

Occipitalis:

Orbicularis Oculi:

Zygomaticus:

Buccinator:

Orbicularis Oris:

Platysma:

Sternocleidomastoid:

Masseter:

Pectoralis Major:

Deltoid:

Rectus Abdominus:

External Oblique:

Internal Oblique:

Transversus Abdominus:

Trapezius:

Lattissimus Dorsi:

Biceps Brachii:

Triceps Brachii:

Gluteus Maximus:

Quadriceps:

Sartorius:

Hamstrings:

Tibialis Anterior:

Gastrocnemius:

Soleus: